

Monday May 9, 2016





Lunch

Turkey & Dressing

Korean Beef over Rice

Greek Pasta Salad Lacto Vegetarian

Tofu Turkey & Dressing Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Turkey (4 oz)	100	1140mg	22g	1g	0g	50mg	0g
Dressing (3 oz) 	144	115mg	5g	8g	13g	35mg	1g
Korean Beef over Rice 	316	676mg	11g	17g	28g	30mg	1g
Greek Pasta Salad 	292	422mg	10g	12g	36g	20mg	2g
Tofu Turkey & Dressing 	170	300mg	7g	10g	13g	0mg	4g

Monday May 9, 2016









Dinner

Cheeseburger Casserole

General Tso's Chicken over Rice Noodles

Veggie Caesar Wrap Lacto Vegetarian

Vegan BBQ Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Cheeseburger Casserole  	428	571mg	22g	21g	36g	75 mg	0g
General Tso's Chicken over Rice Noodles 	450	905mg	21g	25g	35g	125mg	1g
Veggie Caesar Wrap   	137	275mg	6g	5g	17g	3mg	3g
Vegan BBQ  	267	780mg	13g	7g	38g	0mg	4g